

Home Care: Where to Find It



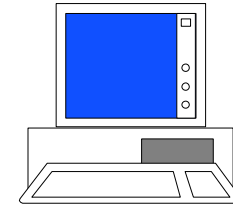
Department of Human Services
Bureau of Elder and Adult Services

August 2003



State of Maine

John Elias Baldacci
Governor



***The Resource Directory for Older People in Maine and
this publication,
Home Care: Where to Find It,
are available on the Internet at:***

www.maine.gov/dhs/beas

Published by:

Bureau of Elder and Adult Services
Department of Human Services
442 Civic Center Drive
11 State House Station
Augusta, Maine 04333-0011
(207)287-9200 FAX: (207)287-9229

**Toll Free Nationwide: 1(800)262-2232
Local/Out-of-State TTY: (207)287-9234
Toll Free Statewide TTY: 1(888)720-1925
TTY numbers are for teletypewriter (or text
telephone) users.**

NOTES

TABLE OF CONTENTS

INTRODUCTION	1
CHOOSING A HOME CARE AGENCY.....	2
ADAPTIVE EQUIPMENT.....	3
ADULT DAY SERVICES	4-13
ALZHEIMER’S AND OTHER DEMENTIAS CARE AND SUPPORT.....	14
AREA AGENCIES ON AGING	15-16
BUREAU OF FAMILY INDEPENDENCE (BFI).	17-18
CHOICE LETTER.....	19
CHORE SERVICES	19
COMMUNITY OPTIONS.....	20
COST SHARING.....	20
ELDER INDEPENDENCE OF MAINE (EIM)	21
EMERGENCY RESPONSE SYSTEMS.....	22-32
ESTATE RECOVERY	33
FINANCIAL ELIGIBILITY FOR MAINECARE (FORMERLY MEDICAID)).....	33

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)	34
GOOLD HEALTH SYSTEMS	35
HOME HEALTH AGENCIES	36-42 & 45-50
HOMEMAKER/HOME CARE AGENCIES.....	51-58
HOSPICE SERVICES.....	59-62
INDEPENDENT LIVING SERVICES.....	63
INFORMATION AND OUTREACH SERVICES	64
LEGAL SERVICES FOR THE ELDERLY	65
LIVING WILLS (ADVANCE DIRECTIVES)	65
LONG-TERM CARE ASSESSMENT	66
LONG-TERM CARE COMMUNITY PROGRAMS CHART- (SEE CENTER OF BOOKLET)	43-44
LONG TERM CARE OMBUDSMAN (LTCOP)	66
LOW-COST DRUG PROGRAM	67-68
MAINECARE (FORMERLY MEDICAID))	69

MED	70
(MEDICAL ELIGIBILITY DETERMINATION)	
MEDICARE HOME CARE	71
MEALS ON WHEELS/ NUTRITION	72
NURSING HOME DENIAL / DISCHARGE.....	72
PAYING PRIVATELY FOR SERVICES	73
PERSONAL CARE ASSISTANCE (PCA).....	73-81
PROPERTY TRANSFER.....	82
RELEASE OF INFORMATION	82
RESOURCE DIRECTORY FOR OLDER PEOPLE IN MAINE	83
SOCIAL SECURITY	83
SUPPLEMENTAL SECURITY INCOME (SSI).....	84
SUPPORT GROUPS	84
TRANSPORTATION PROVIDERS.....	84
TTY (TELETYPEWRITER DEVICE.....	85
FOR THE DEAF AND HARD OF HEARING)	
WEATHERIZATION AND HOME REPAIR.....	85

INTRODUCTION

You, or a family member, may need help to stay at home. There are so many programs that sometimes it is hard to know where to start. This booklet is about services that are available in Maine.

There is government financial help for most of the programs described in this booklet. Many programs ask people to pay part of the cost. You do not have to be low income to qualify for many programs.

What is home care?

Most people prefer to stay at home and get the help or services they need in familiar surroundings. They often rely on family, neighbors, or friends. Sometimes, though, paid help is needed.

Home care services include things like Meals on Wheels, adult day services, nursing care at home, housekeeping services, and relief for caregivers.

For more information about programs in your area, contact your local Area Agency on Aging (see pages 15-16 for a listing), or call the Bureau of Elder and Adult Services at 1-800-262-2232. Text telephone users may call the TTY number at 1-888-720-1925. These are toll free calls.

CHOOSING A HOME CARE AGENCY

These are some questions you might want to ask when arranging for home care services:

- Is the agency registered with or licensed or certified by the State?
- Is the agency bonded or does it carry liability insurance?
- Does the agency conduct criminal background checks on employees?
- What training does the staff receive?
- Does the agency require the assigned worker to call if he/she is not coming?
- If the assigned worker cannot come, does the agency provide a substitute?
- Who do I call if there is a problem with the worker who comes into my home?
- Can I reach the agency on evenings and weekends?

ADAPTIVE EQUIPMENT

Adaptive equipment is anything that helps someone with a disability to be more independent. Adaptive equipment includes “gadgets” such as telephone amplifiers, talking clocks, large-print books, cooking and eating utensils for one-handed use, self-threading needles, lifts for getting upstairs, long-handled garden tools. Other examples are:

- a lever handle on a door
- a motorized wheelchair
- a roll-in shower
- a wheelchair lift for a business, home, or van
- a computer that reads aloud to a person who is blind or has low vision
- a text telephone (TTY)
- assistive animals, such as dogs that help people with visual or hearing impairments
- a communication device for person who cannot talk

The Kim D. Wallace Adaptive Equipment Loan Program is a fund that makes low interest, long term loans available to Maine citizens and businesses who need adaptive equipment. For more information, call Alpha One, listed in this booklet, or the Finance Authority of Maine at (207) 623-3263.

ADULT DAY SERVICES

A place for friendship and activities during the day. Adult Day Services provide a respite for caregivers.

Androscoggin County

Auburn Nursing Home Adult Day Program
185 Summer Street
Auburn, ME 04210786-0676

Caring Hands Adult Day Health Services
540 College Street
Lewiston, ME 04240783-2039

Clover Manor Adult Day Care
440 Minot Avenue
Auburn, ME 04210784-3573

Family Connection Adult Day Services Program
63 Fair Street
Lewiston, ME 04240784-4787

The Lamp Alzheimer’s Adult Day Care
64 Lisbon Street
Lisbon, ME 04250353-4318

ADULT DAY SERVICES (Cont.)

Aroostook County

Day Break Adult Day Care
59 Bennett Avenue
Caribou, ME 04736 496-4284

DayBreak II
Church Street
Presque Isle, ME 04769 764-3396

Madigan Estates Adult Day Care Program
93 Military Street
Houlton, ME 04730 532-6593

Cumberland County

Barron Center Adult Day Care I & II
1145 Brighton Avenue
Portland, ME 04102 774-2623

Bridgton Health Care Center Adult Day Care
RR 2, Box 754
Bridgton, ME 04009 647-8821

Freeport Nursing Home Adult Day Care
3 East Street
Freeport, ME 04032 865-4713

Gorham House Adult Day Services
50 New Portland Road
Gorham, ME 04038 839-5757

Harbor Adult Day Services Program
27 Forest Falls Drive
Yarmouth, ME 04096 846-0044

Island Commons Adult Day Care
132 Litchfield Road
Chebeague Island, ME 04017 846-4456

Respite Care - Brunswick
320 Church Street
Brunswick, ME 04011 729-8571

Sedgewood Commons Adult Day Care
22 Northbrook Drive
Falmouth, ME 04105 781-5775

St. Joseph's Manor Adult Day Health Care Center
1133 Washington Avenue
Portland, ME 04103 797-0600

South Portland Adult & Respite Care
179 Ridgeland Avenue
South Portland, ME 04106 767-2688

ADULT DAY SERVICES (Cont.)

Tuttle Road Respite Program
52 Tuttle Road
Cumberland Center, ME 04021 829-3766

Hancock County

Ellsworth Respite Center
Meadowview Apartments, #B
Ellsworth, ME 04605 667-5449

Island Nursing Home Adult Day Services
Route 15
Deer Isle, ME 04627 348-2351

Never Dull Adult Day Care
219 Franklin Street
Bucksport, ME 04416 469-3687

Kennebec County

Alzheimer’s Care Center Adult Day Services
154 Dresden Avenue
Gardiner, ME 04345..... 626-1769

William S. Cohen Community Center
Town Farm Road
Hallowell, ME 04347626-7777

Heritage Manor Adult Day Care Program
Old Lewiston Road
Winthrop, ME 04364.....377-9965

Mount St. Joseph Adult Day Services
7 Highwood Street
Waterville, ME 04901873-0705

Muskie Center Adult Day Services
38 Gold Street
Waterville, ME 04901873-4745

The Twilight Club, Inc.
Route 226
Chelsea, ME 04330.....588-0826

Knox County

Windward Gardens Adult Day Care
105 Mechanic Street
Camden, ME 04843236-4197

ADULT DAY SERVICES (Cont.)

Lincoln County

Riverside Adult Day Service
51 Schooner Street
Damariscotta, ME 04543.....563-4200

Oxford County

Fryeburg Health Care Center ADCP
77 Fairview Drive
Fryeburg, ME 04037-0127..... 935-3351

Victorian Villa Adult Day Care Program
Route 108
Canton, ME 04221 597-2250

Penobscot County

Apple Orchard Senior Day Center
Outer Union Street
Hermon, ME 04401.....848-3209

Care Ridge Adult Day Care Program
Ridge Road
Lee, ME 04455738-4663

Golden Years Adult Day Break
44 Perkins Avenue
Old Town, ME 04468.....827-7294

Mountain Heights Adult Day Services
10 Houlton Road
Patten, ME 04765528-2200

My Friend’s Place
703 Essex Street
Bangor, ME 04401.....945-9567

Ross Manor Associates Day Health Services
758 Broadway
Bangor, ME 04401941-8400

Westgate Manor Adult Day Program
750 Union Street
Bangor, ME 04401.....942-7336

Piscataquis County

Bangor Hill Charlotte White Center
572 Route 15
Dover-Foxcroft, ME 04426.....564-8412

ADULT DAY SERVICES (Cont.)

Monument Square Charlotte White Center
6 Monument Square
Dover-Foxcroft, ME 04426.....564-0004

Union Square Charlotte White Center
56 Union Square
Dover-Foxcroft, ME 04426.....564-2499

Sagadahoc County

Plant Memorial Home Elder Day Care
1 Washington Street
Bath, ME 04530 443-2244

Sky-Hy Adult Day Care
32 Sky-Hy Drive
Topsham, ME 04086..... 725-7577

Somerset County

Maplecrest Rehab & Living Center ADC Program
174 Main Street
Madison, ME 04950..... 696-8225

Waldo County

TallPines Adult Day Program
21 Martin Lane
Belfast, ME 04915338-4117

Waldo County Senior Spectrum ADP
18 Merriam Road
Belfast, ME 04915338-1190

Washington County

Campbell’s Hill Adult Day Care I & II
PO Box 254
Cherryfield, ME 04622.....546-0990

Hummer Hill Adult Day Care
Route 189
Whiting, ME 04619.....773-4715

Marshall Adult Day Services Program
High Street Extension
Machias, ME 04654.....255-3387

New Horizons Adult Day Care
144 South Street
Calais, ME 04619454-3709

ADULT DAY SERVICES (Cont.)

The Grace Home Adult Day Services
Willey District Road
Harrington, ME 04643 483-2247

York County

Partners In Caregiving, Inc.
Adult Day Health Services
38 May Street
Biddeford, ME 04005.....282-6504

Pavillion Adult Day Services
10 Hillcrest Drive
Sanford, ME 04073 324-4310

Saco River Senior Center
Route #202, 802 Main Street
Waterboro, ME 04087.....247-9000

Truslow Adult Day Center
333 Lincoln Street
Saco, ME 04072 283-0166

New Hampshire Rockingham County

Greater Seacoast Adult Day Services
140 Court Street
Portsmouth, NH 03801..... 430-0070

ALZHEIMER'S DISEASE AND OTHER DEMENTIAS

Care and Support for People with Alzheimer's Disease and Other Dementias

Many of the agencies and organizations listed in this booklet serve people who have Alzheimer's or other dementias. You may want to check with the Maine Alzheimer's Association for more information about specialized services. The Association is dedicated to providing information, services and support for people with Alzheimer's Disease, their families, and caregivers. By calling or writing the Association at the toll free number or address below, you can get a directory of services:

The Alzheimer's Association
163 Lancaster Street, Suite 160 B
Portland, ME 04101-2406
1-800-660-2871 or 772-0115
Fax# 772-0354
www.mainealz.org

Alzheimer's Respite/Relief for Caregivers

If you are caring for an older person and need some time off from your duties, contact your local Area Agency on Aging (next pages) or the Bureau of Elder and Adult Services at 1-800-262-2232, 287-9200 or TTY 1-888-720-1925. The Adult Day Providers listed on pages 4-13 may also be helpful to you.

AREA AGENCIES ON AGING

Wherever you live in Maine, the services of an Area Agency on Aging are available to you. Their goal is to assure that older people and their caregivers receive support to maintain their independence and dignity in the community. Call your local Area Agency on Aging at 1-877-353-3771 (ELDERS1) about:

- Adult Day Services
- Caregiver Support
- Employment
- Health Insurance Information
- Home Repairs
- Housing
- Information and Assistance
- Meals on Wheels (home-delivered meals)
- Recreational Activities
- Senior Dining Centers
- Transportation
- Volunteer programs

Androscoggin, Franklin and Oxford Counties

SeniorsPlus (formerly: Western Area Agency on Aging)
465 Main Street, PO Box 659
Lewiston, ME 04243-0659 1-800-427-1241
795-4010 or TTY 795-7232

Web site: www.seniorsplus.org

Aroostook County

Aroostook Area Agency on Aging
33 Davis Street, PO Box 1288
Presque Isle, ME 04769..... 1-800-439-1789
V/TTY 764-3396

Web site: www.aroostookaging.org

Cumberland and York Counties

Southern Maine Agency on Aging
307 Cumberland Avenue, P.O. Box 10480
Portland, ME 04104.....V/TTY 1-800-427-7411
V/TTY 775-6503

Web site: www.smaaaa.org

Hancock, Penobscot, Piscataquis and Washington Counties

Eastern Agency on Aging
450 Essex Street
Bangor, ME 04401-9810.....V/TTY 1-800-432-7812
V/TTY 941-2865

Web site: www.eaaa.org

Knox, Lincoln, Waldo, Somerset, Sagadahoc and Kennebec Counties, Brunswick and Harpswell

Senior Spectrum
One Weston Court, PO Box 2589
Augusta, ME 04338-2589622-9212
1-800-639-1553
TTY 1-800-464-8703

Web site: www.seniorspectrum.com

BUREAU OF FAMILY INDEPENDENCE (BFI)

The Bureau of Family Independence is part of the Department of Human Services. They determine financial eligibility for MaineCare programs. They have a series of pamphlets that help people learn about MaineCare rules. For example, **Pamphlet 1** answers questions about financial eligibility for nursing home care in Maine. **Pamphlet 2** gives important information you need to know about giving away or transferring money or property. **Pamphlet 3** explains financial rules for MaineCare while in a nursing home. **Pamphlet 4** is about getting help from MaineCare for nursing care services in your home. If you would like any of these pamphlets or more information on financial eligibility, call the BFI office nearest you.

Portland.....	822-2071	1-800-482-7520
	Fax 822-2310	TTY 822-2293
Sanford.....	490-5418	1-800-482-0790
	Fax 490-5499	TTY 490-5466
Biddeford	286-2430	1-800-322-1919
	Fax 286-2546	TTY 286-2402
Lewiston.....	795-4394	1-800-482-7517
	Fax 795-4559	TTY 795-4635
South Paris.....	744-1250.....	1-888-593-9775
	Fax 743-8735.....	TTY 744-1224
Farmington.....	778-8400	1-800-442-6382
	Fax 778-8429	TTY 778-8439

Augusta	624-8200.....	1-800-452-1926
	Fax 624-8124	TTY 624-8004
Rockland	596-4217	1-800-432-7802
	Fax 596-4235	TTY 596-4201
Skowhegan.....	474-4848.....	1-800-452-4602
	Fax 474-4890	TTY 474-4891
Bangor.....	561-4333.....	1-800-432-7825
	Fax 561-4493	TTY 561-4403
Ellsworth	667-1656.....	1-800-432-7823
	Fax 667-1669	TTY 667-1639
Machias	255-2027.....	1-800-432-7846
	Fax 255-2022	TTY 255-6866
Calais.....	454-9020.....	1-800-622-1400
	Fax 454-9012	TTY 454-3415
Houlton.....	532-5085.....	1-800-432-7338
	Fax 532-5027	TTY 532-5001
Caribou.....	493-4050.....	1-800-432-7366
	Fax 493-4001	TTY 493-4034
Fort Kent	834-7700.....	1-800-432-7340
	Fax 834-7701	TTY 834-7702

CHOICE LETTER

If you are assessed (see Long-term Care Assessment on page 66) for medical eligibility for certain long-term care programs by a nurse from the assessing agency, you will be asked to sign a “Choice Letter.” If you choose to receive care in your home, for example, rather than in a nursing home, you would select that choice and sign the “Choice Letter.” Your signature means that services can start as soon as possible. An agency cannot start providing you with help until you sign the Choice Letter.

CHORE SERVICES

Chore services are intended to help consumers with occasional heavy cleaning, lawn mowing, snow shoveling, trash removal, repairs and similar tasks to eliminate safety hazards in the home setting. These services are available through the BEAS Homemaker Program. The Area Agencies on Aging may also be able to provide this type of help (see pages 15-16).

COMMUNITY OPTIONS

Community Options is part of the Bureau of Elder and Adult Services. If you have been staying in a nursing home or hospital and want help to go back home or to another setting call 1-800-262-2232.

COST SHARING

Cost sharing is also called copayment, or copay for short. Some programs require that you pay part of the cost of the services you get. The copayment amount depends on your financial information.

ELDER INDEPENDENCE OF MAINE (EIM)

Elder Independence of Maine (EIM) is the home care coordination agency for Maine. It is a part of SeniorsPlus, an area agency on aging. EIM receives assessments done by nurses from Gould Health Systems, sets up the services and sees that the care matches the person's needs and is properly provided. If you are receiving care now and have questions, you may call weekdays between 7 a.m. and 6 p.m. You can leave messages in the evening and on weekends.

Telephone (toll free)..... 1-888-234-3920

TTY 795-7232

Lewiston/Auburn area (local call) 795-7213

Mailing Address:

Elder Independence of Maine

PO Box 659

Lewiston, Maine 04240

Telephone (toll free).....1-866-456-2322

Bangor area (local call).....990-1581

Mailing Address:

Elder Independence of Maine

81 Main Street

Bangor, ME 04401

www.elderindependence.org

EMERGENCY RESPONSE SYSTEMS

***For emergency help when you are alone
and cannot get to the phone.***

A personal emergency response system (ERS) is an electronic device which helps people in an emergency. The system is connected to a person's phone and programmed to signal a response center once a "HELP" button is activated. ERS services are used mostly by people who live alone. Usually there is a monthly charge for this service. Ask about getting one free or for a low price.

STATEWIDE

Colonial Medical Alert Systems

Nashua, NH.....323-6794

Lifeline Systems, Inc.

Framingham, MA.....451-0525

Maine Emergency Response System

Dover, NH.....888-0338

Seacoast Security & Telephone

West Rockport.....432-1795

Sisters of Charity Health Systems

Lewiston.....777-8570

EMERGENCY RESPONSE SYSTEM (CONT.)

Pioneer Medical Systems
Melrose, MA.....338-2303

Androscoggin County

Commuity Health Services, Inc.
Portland, Maine.....479-4331

Franklin Memorial Hospital Lifeline
Farmington.....779-2555

Interim Healthcare
South Portland.....775-3366

Interim Assisted Care
South Portland.....775-3366

Mid Coast Hospital Lifeline
Brunswick.....373-3635

Personal Health Services
Portland.....771-4479

Aroostook County

Cary Medical Center
Caribou.....498-6693

Lifeline-Houlton Regional Hospital
Houlton.....532-9471

TAMC Health Group
Presque Isle.....768-4258

Cumberland County

Bridges
Augusta.....876-9212

Community Health Services, Inc.
Portland.....479-4331

Home Support Services, LLC
Windham.....892-1454

Interim Healthcare
South Portland.....775-3366

Interim Assisted Care
South Portland.....775-3366

Mid Coast Hospital Lifeline
Brunswick.....373-3635

Personal Health Services
Portland.....771-4479

Southern Maine Medical Center
Biddeford.....283-7065

Franklin County

Hancock County

Knox County

EMERGENCY RESPONSE SYSTEM (CONT.)

Interim Assisted Care
South Portland.....775-3366

Miles Home Health/Hospice
Damariscotta.....563-4592

Lincoln County

Bridges
Augusta.....876-9212

Interim Healthcare
South Portland.....775-3366

Interim Assisted Care
South Portland.....775-3366

Mid Coast Lifeline
Brunswick.....373-3635

Miles Home Health/Hospice
Damariscotta.....563-4592

Personal Health Services
Portland.....771-4479

Oxford County

Androscoggin Home Care & Hospice
Lewiston.....777-7748

Community Health Services, Inc.
Nashua, NH323-6794

Interim Healthcare
South Portland.....775-3366

Interim Assisted Care
South Portland.....775-3366

Pace Paramedic Services
Norway.....743-5933

Personal Health Services
Melrose, MA.....771-4479

Rumford Hospital
Rumford.....369-1143

Rumford Community Hospital
Norway, ME 04268743-5933

Penobscot County

Maine-ly Elder Care
Oakland.....465-7864

EMERGENCY RESPONSE SYSTEM (CONT.)

Rosscare Lifeline
Bangor.....973-7080

Piscataquis County

Bridges
Augusta.....876-9212

Interim Healthcare
South Portland.....775-3366

Interim Assisted Care
South Portland.....775-3366

Lifeline-Houlton Regional Hospital
Houlton.....532-9471

Maine Coast Memorial Lifeline
Ellsworth, ME 04605664-0990

Maine-ly Elder Care
Oakland.....465-7864

Rosscare Lifeline
Bangor.....973-7080

Sagadahoc County

Bridges
Augusta.....876-9212

Community Health Services, Inc.
Nashua, NH323-6794

Interim Healthcare
South Portland.....775-3366

Interim Assisted Care
South Portland.....775-3366

Mid Coast Hospital Lifeline
Brunswick.....373-3635

Personal Health Services
Melrose, MA.....771-4479

Somerset County

Bridges
Augusta.....876-9212

Franklin Memorial Hospital Lifeline
Farmington.....779-2555

Inland Home Care
Waterville.....861-3120

EMERGENCY RESPONSE SYSTEM (CONT.)

Maine-ly Elder Care
Oakland.....465-7864

Washington County

Lifeline-Houlton Regional Hospital
Houlton.....532-9471

Maine Coast Memorial Lifeline
Ellsworth, ME 04605664-0990

Rosscare Lifeline
Bangor.....973-7080

Waldo County

Bridges
Augusta.....876-9212

Coastal Medical Care
Belfast.....338-8412

Inland Home Care
Waterville.....861-3120

Interim Healthcare
South Portland.....775-3366

Interim Assisted Care
South Portland.....775-3366

Maine-ly Elder Care
Oakland.....465-7864

Rosscare Lifeline
Bangor.....973-7080

York County

Community Health Services, Inc.
Nashua, NH323-6794

H.D. Goodall Hospital
Sanford.....324-4310

Interim Healthcare
South Portland.....775-3366

Interim Assisted Care
South Portland.....775-3366

Personal Health Services
Melrose, MA.....771-4479

Southern Maine Medical Center
Biddeford283-7065

York Hospital
York363-4321

ESTATE RECOVERY

The MaineCare Estate Recovery law means that the State has a claim against the estates of certain MaineCare recipients at the time of their death.

If you have questions about this law, or how it affects you, call the Estate Recovery Unit at 1-800-572-3839. Seek professional assistance, such as an attorney specializing in elder law, when deciding how to handle estate planning.

Contact Legal Services for the Elderly at 207-621-0087 or 1-800-750-5353 or Pine Tree Legal Assistance at 207-622-4731.

FINANCIAL ELIGIBILITY FOR MAINECARE (MEDICAID)

For information about financial eligibility, contact the Department of Human Services regional office nearest you. Offices are located in Portland, Biddeford, Sanford, Lewiston, Farmington, Augusta, Rockland, Skowhegan, Bangor, Calais, Fort Kent, Ellsworth, Caribou, Houlton and Machias (see pages 17-18).

GERIATRIC EVALUATION CENTERS (MEMORY CLINICS)

At memory clinics, a physician and a social worker do medical evaluations of people with dementia. They can determine what type of dementia a person has, and give them and their families information about medical and social services they might need. Ask about fees or whether the evaluation is free.

Bangor	Alzheimer's and Memory Center	
	Eastern Neurology Associates947-0558
	Community Health & Counseling Services947-0366
	Rosscare The Center for Healthy Aging..	973-7094
Biddeford	University of New England	
	Division on Aging1-800-930-2437
	283-4882
Caribou	Cary Medical Center.....498-1394
Gardiner	Alzheimer's Care Center, Gardiner626-1770
Scarborough	The Maine Medical Center Geriatric Center	
	885-7591
	Toll Free.....	1-800-540-1918

GOOLD HEALTH SYSTEMS

Goold Health Systems, Inc. is the agency designated to conduct State of Maine Long-term Care Assessments. Goold employs registered nurses throughout the state who come to where you are to assess your needs. The assessment is free, required for people entering nursing homes, and is available to anyone who wants to know what services are available and affordable. You may call weekdays between 8 a.m. and 5 p.m. to schedule an assessment. When calling evenings and weekends leave the name of the person who wants the assessment and the town or county they live in. A nurse will return the call on the following work day.

Local/Out-of-State..... 207-621-1346
Telephone (toll free)1-800-609-7893
TTY 1-888-720-1925

Mailing Address:
Goold Health Systems
5 Community Drive
P.O. Box 1090
Augusta, Maine 04332

HOME HEALTH AGENCIES

Nurses and other professionals (Physical Therapists, Occupational Therapists, Speech Therapists, Social Workers and Home Health Aides) who come to your home to assist you with your health needs.

*Agencies listed in this section noted by an asterisk are licensed but do not take Medicare payment. All others accept Medicare and MaineCare (formerly Medicaid) payments.

NOTE: MANY AGENCIES SERVE MORE THAN ONE COUNTY.

Androscoggin County

Androscoggin HomeCare and Hospice
P.O. Box 819
Lewiston, ME 04240777-7740
1-800-482-7412

Clover Home Health, Inc.
477 Minot Avenue
Auburn, ME 04210777-7166

HOME HEALTH AGENCIES (Cont.)

Gentiva Health Services
475 Pleasant Street, 2nd Floor
Lewiston, ME 04240..... 782-5767
1-800-395-2541

Aroostook County

Aroostook Occupational Therapy
P.O. Box 386
Caribou, ME 04736.....498-2663

Madigan Home Health Care, Inc.
10 Lee Court, 93 Military Street
Houlton, ME 04730..... 532-7480

Presque Isle Home Care
4 Dewberry Drive
Presque Isle, ME 04769.....764-7322

Professional Home Nursing, Inc.
7 Hatch Drive, PO Box 180
Caribou, ME 04736..... 498-3915

Branch Office:
96 Market Square
Fort Kent, Maine 04743..... 834-3798

Valley Home Health Services
163 East Main Street
Madawaska, ME 04756 728-4654

Visiting Nurses of Aroostook
14 Carroll Street
Caribou, ME 04736.....834-2578

Branch Offices:
106 Main Street
Park Terrace, Suite A2
Houlton, Maine 04730532-9261

143 East Main Street
Fort Kent, Maine 04743.....834-3918

642 Main Street
Presque Isle, Maine 04769.....764-5762

385 East Main Street
Madawaska, Maine 04756728-6932

Cumberland County

Admiral Home Care Services, Inc.
778 Main Street, Suite 1
South Portland, ME 04106 1-800-828-1591
828-1591

Androscoggin HomeCare and Hospice
48A Main Street
Bridgton, Maine 04009.....647-9689
1-800-847-0008

HOME HEALTH AGENCIES (Cont.)

*Apria Healthcare
14 Yarmouth Conjunction
Yarmouth, ME 04096.....846-8543

Atlantic Home Health
14 Maine Avenue, Suite 300
Brunswick, ME 04011 798-5953

Community Health and Nursing Services
50 Baribeau Drive
Brunswick, ME 04011 729-6782

Community Health Services, Inc.
901 Washington Avenue, Suite 104
Portland, ME 04103-2799..... 775-7231

Branch Offices:

Hospital Drive
Bridgton, Maine 04009 775-7231
1-800-479-4331

676 Roosevelt Trail
Windham, Maine 04062 775-7231
893-1500

*Critical Care Sysems
10 Donald B. Dean Drive
South Portland, ME 04106.....775-3600

Gentiva Health Services
105 Main Street
South Portland, ME 04106.....742-2624

Interim Healthcare Services
10 Atlantic Place
South Portland, ME 04106

Maxim Healthcare Services, Inc.
233 Oxford Avenue, Suite 32
Portland, ME 04101.....822-4010

*Personal Health Services
Foreside Place
202 US Route 1
Falmouth, ME 04105.....771-4434

Sandy River Home Resources
395A Bridgton Road
Westbrook, ME 04092.....878-5423

*Tech Med I.V., Inc.
400 Riverside Street
Portland, ME 04103.....797-4766

Viking Home Health Services
991 Forest Avenue, Suite 203
Portland, ME 04103.....878-4500

LONG-TERM CARE COMMUNITY PROGRAMS				
PROGRAM	SERVICES		HOW TO QUALIFY	CO-PAY?
Medicare Home Health	Nursing, Therapy, Social Work		Homebound, nursing need, 65+ or disabled, doctor's order	No
MaineCare Home Health	Nursing, Therapy, Social Work		Financially eligible; meet medical requirements; doctor's order	\$5 month
MaineCare Private Duty Nursing/Personal Care Svcs.	Nursing, Homemaking, Personal care		Financially eligible; meet medical requirements	\$5 month
MaineCare Adult Day Health	Exercise, Health Monitoring, Socialization, Nursing		Financially eligible; meet medical requirements	\$5 month
MaineCare: Consumer-Directed Attendant Services	Personal Care Services, Skills Training		Financially eligible; need help with daily activities; able to direct own care	\$5 month
MaineCare Home Care Waiver: Consumer-directed	Skills training, Personal Care		Financially eligible; age 18+; must be nursing home medically eligible; able to direct own care	\$5/month
MaineCare Home and Community Benefits: Elderly and Adults with Disabilities	Personal Care, Homemaking, Nursing, Therapy, Care Coordination		Financially eligible; 18-59, 60-64 if disabled, 65+ must be medically eligible for nursing home	Based on income
Home Based Care: Consumer-directed	Personal Assistance Services, Skills Training		Age 18+; need help with daily activities; able to direct own care	4% of monthly income; 3% of assets over \$30,000
Home Based Care: Elders and Other Adults	Personal Care, Homemaking, Nursing, Therapy, Care Coordination		Age 18+; need help with daily activities	4% monthly income; 3% of assets over \$15,000
Homemaker	Homemaking, chores, grocery shopping, laundry, transportation, some personal care		Age 18+; need help with daily activities; financially eligible	20% of cost of services
Alzheimer's Respite	In-home respite, institutional respite, adult day care		Diagnosis of dementia; caregiver needs respite; financially eligible	20% of cost of services
Adult Day Care	Socialization, exercise		Need help with daily activities; financially eligible	20% of cost of services

HOME HEALTH AGENCIES (Cont.)

VNA Home Health Care
50 Foden Road
South Portland, ME 04106..... 780-8624

Franklin County

Androscoggin HomeCare and Hospice
75 Allen Street
Wilton, Maine 04294 645-5334

Gentiva Health Services
648 Wilton Road
Farmington, ME 04938 778-5966

Hancock County

Downeast Health Services
Christian Ridge Road, P.O. Box 1087
Ellsworth, ME 04605-1087.....667-5304
.....1-800-492-5550

Hancock County HomeCare
Water Street, Box 156
Blue Hill, ME 04614..... 374-9993

Branch Office:
93 Cottage Street
Bar Harbor, Maine 04609288-5584

Kennebec County

Bridges
One Weston Court, P.O. Box 2589
Augusta, ME 04338-2589.....623-0761

Care and Comfort
105 Kennedy Memorial Drive
Waterville, ME 04901872-5300
1-800-366-5302

Branch Office:
1222 Hammond Street
Bangor, ME 04401.....992-2535
1-877-784-6993

104 Temple Road
West Farmington, ME 04992.....778-5515
1-866-397-3350

P.O. Box 768
Machias, ME 04654.....255-6268
1-866-648-2832

P.O. Box 1429
Presque Isle, ME 04769.....764-3071
1-866-764-3071

HealthReach HomeCare
212 Main Street
Waterville, ME 04903-0829.....873-6880
873-1127

Branch Office:

32 Winthrop Street
Augusta, Maine 04330 626-3435

Home Choice Health Care, Inc.
35 Elm Street
Waterville, ME 04901 495-2115

Inland HomeCare
200 Kennedy Memorial Drive
Waterville, ME 04901 861-3120
TTY 872-2211

Johnna Bowen
1604 Benton Avenue
Benton, ME 04901 453-4719

*Kennebec Professional Pharmacy
51 Leighton Road
Augusta, ME 04330 622-2726

*Kennebec Professional Pharmacy
Homecare Annex
Whalon House-Seton Unit
Waterville, ME 04901

Tebolt & Bolduc, Inc.
40 Airport Road
Waterville, ME 873-3742

Knox County

*Ask...For Home Care
641 St. George Road
P.O. Box 389
South Thomaston, ME 04858-0389 594-8418
Kno-Wal-Lin Home Health Care, Inc.
170 Pleasant Street
Rockland, ME 04841 594-9561

Kno-Wal-Lin Home Health Care, Inc.
605 Route 1, Suite 2
Newcastle, ME 04553 563-5119
1-800-486-5229

Miles Home Health
Business Route 1, RR #2, Box 4500
Damariscotta, ME 04543-8903 563-8160

St. Andrews Home Health Agency
3 St. Andrews Lane
Boothbay Harbor, ME 04538 633-2121

Oxford County

Androscoggin HomeCare and Hospice
Pottle Road
Oxford, Maine 04270 743-9285

Branch Office:

Abbott Farm Road
Rumford, Maine 04276 364-2728

HOME HEALTH AGENCIES (Cont.)

Stephens Memorial Home Care
181 Main Street
Norway, ME 04268.....743-5933

Penobscot County

Area Home Care, Inc.
66 Main St., P.O. Box 547
Lincoln, ME 04457.....794-2805

Bangor Area Visiting Nurses, Inc.
885 Union Street, Suite 220
Bangor, ME 04401 973-6550

Community Health and Counseling Services
42 Cedar Street, PO Box 425
Bangor, ME 04402-0425..... 947-0366

Branch Offices:

Enfield Road, PO Box 208
Lincoln, ME 04457..... 794-2001

180 Congress Street
Millinocket, Maine 04462..... 723-9739

14 Summer Street
Dover-Foxcroft, ME 04426..... 564-2267

415 Water Street
Ellsworth, ME 04605.....667-3626

Route 1, RR2, Box 339A
Machias, ME 04654.....255-8311

2 Barker Street
Calais, ME 04619.....454-2914

Gentiva Health Services
1 Cumberland Place, Suite 316
Bangor, ME 04401990-9000
1-800-564-8511

Home Health and Hospice of St. Joseph
St. Joseph Healthcare Park, 900 Broadway
Bangor, ME 04401-1902262-1810

New Hope Hospice, Inc.
1344 Main Road, PO Box 757
Holden, ME 04439-0757843-7521

Somerset County

Home, Hope & Healing
RR#2, Box 2284
Norridgewock, ME 04957.....362-5473

SVH Care At Home
49 Main Street
Pittsfield, ME 04967.....487-3726
1-800-293-6303

Waldo County

Kno-Wal-Lin Home Health Care, Inc.
Wentworth Building
147 Waldo Avenue, Suite 106
Belfast, ME 04915 338-2206
1-800-734-4442

Waldo County Home Health Care Services
119 Northport Avenue, PO Box 407
Belfast, ME 04915-0407 338-2268
338-2500 Ext. 157

Washington County

Calais Regional Hospital Home Health Agency
50 Franklin Street
Calais, Maine 04619..... 454-7521

Community Health and Counseling Services
Route 1, RR1 Box 339A
Machias, Maine 04654 255-8311

Branch Office:

2 Barker Street
Calais, Maine 04619..... 454-2914

Home Resources of Maine
51 Court Street, Unit 7
Machias, Maine 04654 255-4551
1-800-639-4177

Sunrise County Home Care Services, Inc.
11 Broadway
P.O. Box 920
Machias, ME 04654.....255-2811

Branch Offices:

RR2, Box 380
Lubec, ME 04652.....733-7500

Route #1
Baring, ME 04694.....454-2811

York County

Anytime Services for Seniors
Moderation Street
West Buxton, ME 04093-0568.....1-800-782-1474

Visiting Nurse Service
15 Industrial Park Road, RFD #1, Box 15A
Saco, ME 04072284-4566
1-800-482-0971

Branch Office:

42 Brickyard Court
York, ME 03909363-7632
1-800-287-7632

York Hospital Home Care
15 Hospital Drive
York, ME 03909363-4321

Southern Maine Health & Home Care Services
P.O. Box 739
Kennebunk, ME 04043-0193.....985-4767
1-800-794-3546

Branch Office:

487 Alfred Street
Biddeford, ME 04005.....283-7446

HOMEMAKER/HOME CARE AGENCIES

Homemakers come to your home to assist you with household cleaning, laundry, grocery shopping and meal preparation.

Statewide (excluding Aroostook and Washington Counties)

Home Resources of Maine
211 Maine Avenue
Farmingdale
P.O. Box 358
Gardiner, ME 04345.....582-8001
1-800-639-3084

Androscoggin County

Gentiva Health Services/Private Duty
475 Pleasant Street, 2nd Floor
Lewiston, Maine 04240.....782-5767
1-800-640-8100

Branch Office:

105 Main Street
South Portland, ME 04106.....742-2624

Schooner Home Health Care
200 Stetson Road
Auburn, Maine 04210 784-2900

Aroostook County

Aroostook Home Health Services
22 Birdseye Avenue, PO Box 938
Caribou, Maine 04736492-8290

Branch Offices:

345 Market Street
Fort Kent Mills, Maine 04743834-2990

52 North Street
Presque Isle, Maine 04769764-7008

10 Market Square
Houlton, Maine 04730532-9971

Northern Maine Speech/Language Pathology
Services, Inc.
4 Blake Street, PO Box 308
Presque Isle, Maine 04769-0308764-4498

Presque Isle Home Care
162 Academy Street
Presque Isle, Maine 04769-3198764-0145

Seniors/Domestics Home Care
520 Main Street, P.O. Box 1771
Presque Isle, Maine 04769-1771764-5232

HOMEMAKER/HOME CARE AGENCIES (Cont.)

Cumberland County

*Apria HealthCare
14 Yarmouth Junction
Yarmouth, Maine 04096846-8543
1-800-698-0508

Branch Office:
100 Dowd Road
Bangor, ME 04401942-5579
1-800-696-4734

Critical Care Systems
10 Donald B. Bean Drive
South Portland, Maine 04106775-3600

Diamond Health Care Services, Inc.
395A Bridgton Road
Westbrook, Maine 04092693-3960

New England Life Care
108A Industrial Way
Portland, ME 04103878-1288
1-800-439-7969

Branch Offices:
287 Main Street
Lewiston, ME 04240795-2092

885 Union Street
Bangor, ME 04401990-3121

Personal Health Services
Forside Place, 202 US Route 1
Falmouth, Maine 04105 781-5515

Tech Med I.V., Inc.
400 Riverside Street
Portland, Maine 04103 797-4766

Branch Office:
70 Bangor Street
Houlton, ME 04730532-4969

78 State Street
Bangor, ME 04401942-2299

Viking Home Health Services
991 Forest Avenue, Suite 203
Portland, Maine 04103 878-4500

Franklin County

Gentiva Health Services
648 Wilton Road
Farmington, ME 04938778-5966

Hancock County

Downeast Health Services
Christian Ridge Road, PO Box 1087
Ellsworth, Maine 04605-1087 667-5304
1-800-492-5550

HOMEMAKER/HOME CARE AGENCIES (Cont.)

Branch Offices:
71 Court Street
Machias, ME 04654.....255-8280

37 Union Street
Calais, ME 04619.....454-3534

Mount Desert Nursing Association
Summit Road, PO Box 397
Northeast Harbor, Maine 04662 276-5184

Kennebec County

Assistance Plus
1604 Benton Avenue
Benton, Maine 04901 453-4719

Branch Offices:
RR#5, Box 5437
Belfast, ME 04915.....338-9064

121 Broadway Street, Suite 1
Farmington, ME 04938.....336-3295

Bridges Home Health Division
One Weston Court, PO Box 2589
Augusta, Maine 04338-2589 623-0761
1-800-876-9212

Tebolt & Bolduc, Inc.
40 Airport Road
Waterville, Maine 04901873-3742

Knox County

*Ask....For Home Care
641 St. George Road, P.O. Box 389
South Thomaston, ME 04841-0886354-7077

Kno-Wal-Lin Help at Home
170 Pleasant Street
Rockland, Maine 04841594-9561

Branch Offices:
605 Route 1, Suite 2
Newcastle, Maine 04553563-5119
1-800-486-5229

The Wentworth Building
147 Waldo Avenue, Suite 106
Belfast, ME 04915.....338-2002

Penobscot County

Gentiva Health Services/Private Duty
1 Cumberland Place, Suite 316
Bangor, Maine 04401990-9000
1-800-564-8511

HOMEMAKER/HOME CARE AGENCIES (Cont.)

New England Home Health Care
412 State Street, PO Box 722
Bangor, Maine 04402-0722 945-3374

York County

Saco River Senior Services
Route 202, PO Box 69
Waterboro, Maine 04087 247-9000

Anytime Services for Seniors
Moderation Street, PO Box 568
West Buxton, Maine 04093-0568 1-800-782-1474

Arcadia Health Care
455 Main Street
Springvale, Maine 04073 324-3400

York Hospital Discharge Visit Program
15 Hospital Drive
York, Maine 03909 363-4321

New Hampshire

New England Speech Services
745 Central Avenue
Dover, NH 03820 603-749-2446

Branch Office:

64 Alfred Street, Suite 305
Biddeford, ME 04005
284-1019

Portsmouth Derry/Salem Home Health & Hospice Svcs.
95 Albany Street, Unit #11
Portsmouth, NH 03801 603-436-0815

Rochester Rural District Visiting Nurse Association, Inc.
89 Charles Street
Rochester, NH 03867 603-332-1133

Staff Builders, Inc./Tender Loving Care
1361 Elm Street, Suite 302
Manchester, NH 03101 603-645-9422

Wentworth-Douglass Homecare & Hospice
113 New Rochester Road, Suite #4
Dover, NH 03820-8805 603-742-7921

HOSPICE SERVICES

Hospice is a special way of caring for people who are terminally ill, and for their families. It includes physical care and counseling.

Androscoggin County

Androscoggin Home Care and Hospice
15 Strawberry Avenue, PO Box 819
Lewiston, ME 04243-0819 1-800-482-7412
777-7740

Aroostook County

Hospice of Aroostook
14 Carroll Street
Caribou, ME 04736.....498-2578

Branch offices:

143 East Main Street
Fort Kent, ME 04743.....834-3918

106 Main Street
Parkview Terrace, Suite A2
Houlton, ME 04730.....532-9261

Cumberland County

CHS Hospice
901 Washington Avenue, Suite 104
Portland, ME 04103-2797 1-800-479-4331
775-7231

Community Health and Nursing Services - Hospice Care
50 Baribeau Drive
Brunswick, ME 04401 729-6782

VNA Home Health Care
50 Foden Road
South Portland, ME 04106 1-800-757-3326
780-8624

Hancock County

Hancock County HomeCare Hospice
Water Street, PO Box 156
Blue Hill, ME 04614-0156..... 374-5510

Kennebec County

HealthReach Hospice
8 Highwood Street, PO Box 0829
Waterville, ME 04903-1568 873-1127
626-3430

Knox County

Kno-Wal-Lin Coastal Family Hospice
170 Pleasant Street
Rockland, ME 04841 1-800-540-9561
594-9561

HOSPICE SERVICES (CONT.)

Miles Home Health Hospice Division
GTE Building, Route 1
RR #2, Box 4500
Damariscotta, ME 04543-8903 563-8160

Penobscot County

Community Health and Counseling Services
42 Cedar Street, PO Box 425
Bangor, ME 04402-0425..... 1-800-924-0366
947-0366

Home Health and Hospice of St. Joseph
St. Joseph Healthcare Park, 900 Broadway
Bangor, ME 04401-1902..... 1-800-646-5000
262-1810

Hospice of Eastern Maine
Eastern Maine Healthcare Mall
885 Union Street, Suite 250
Bangor, ME 04402 1-800-350-8269
973-8269

New Hope Hospice, Inc.
1344 Main Road, P.O. Box 757
Holden, ME 04429-0757..... 843-7521

Waldo County

Waldo County Home Health Care Services
Medical Hospice Program
119 Northport Avenue, PO Box 407
Belfast, ME 04915338-2500

York County

Visiting Nurse Services
15 Industrial Park Road
Saco, ME 04072 1-800-660-4867
284-4566

Southern Maine Health and Homecare Services
Route #1 South, PO Box 739
Kennebunk, ME 04043..... 1-800-794-3546
985-4767

New Hampshire

Portsmouth Derry/Salem Home Health & Hospice Services
95 Albany Street, Unit 11
Portsmouth, NH 03801 603-436-0815

Rochester Visiting Nurse Association
89 Charles Street
Rochester, NH 03867-3414..... 603-332-1133

Wentworth-Douglass Homecare and Hospice
113 New Rochester Road
Dover, NH 03820-8805 603-742-7921

INDEPENDENT LIVING SERVICES

There are a wide range of services for adults of all ages with disabilities. For more information:

Alpha One

Augusta V/TTY 1-800-499-2357
Brewer V/TTY 1-800-300-6016
Presque Isle V/TTY 1-800-974-6466
South Portland V/TTY 1-800-640-7200

Alpha One does Independent Living Assessments to find out what is needed for a person with disabilities to live independently. It may result in a plan of services or referral to other resources. There is a charge for the assessment. Ask if you are eligible for a program to pay for this service.

Maine Consumer Information and Technology Training Exchange (CITE) has information about policies, programs and funding resources.

Augusta V/TTY 207-621-3195

Technical Exploration Center of United Cerebral Palsy of Northern Maine has information and samples of high and low tech assistance devices for people to try out.

Bangor V/TTY 207-941-2952

Department of Labor

Bureau of Rehabilitation Services 207-624-5950
Toll Free V/TTY 1-800-698-4440
Local/Out-of-state TTY 207-624-5955

INFORMATION AND OUTREACH SERVICES

Area Agency on Aging staff make home visits and help people complete applications for programs such as Food Stamps, SSI, Low-cost Drug Cards, Tax and Rent Refunds and help paying Medicare premiums. Telephone staff answer questions about home care, transportation, health insurance, Meals on Wheels/Nutrition, government programs, legal services, housing and financial assistance. For more information, contact your local Area Agency on Aging. See pages 15-16 for addresses and phone numbers.

The Bureau of Elder and Adult Services, 287-9200, 1-800-262-2232, or TTY 1-888-720-1925 publishes the Resource Directory for Older People in Maine and Aging: Taking Care of Business. They also have pamphlets on topics such as Alzheimer's disease, Medicare, Medicare Supplemental Insurance (Medigap), living wills, powers of attorney and guardianship. These pamphlets are mailed to callers at no charge.

LEGAL SERVICES FOR THE ELDERLY

Legal Services for the Elderly (LSE) provides free legal services state-wide to people age 60 and older. They operate **Advocates for Medicare Patients** and have telephone help-line. For more information call 1-800-750-5353.

LIVING WILLS (ADVANCE DIRECTIVES)

Living Wills are also called “Advance Directives.” They are written instructions that explain your wishes regarding health care, should you have a terminal condition. They are called “living” wills, because they take effect while the person is still alive. The other type of Advance Directive is a “Durable Power of Attorney.” A Durable Power of Attorney lets you name a person to make decisions for you if you become unable to do so. Contact the Bureau of Elder and Adult Services at 1-800-262-2232, or 287-9200 or TTY 1-888-720-1925, for pamphlets on these topics, and for forms.

LONG-TERM CARE ASSESSMENT

The State of Maine Long-term Care Assessment is for anyone who needs long-term care services and who wants to know which ones are available and affordable. The first step is a telephone screen to make sure you need an assessment. If you do, there is no charge, and the assessment is private. The assessment is done in your home, in the hospital, or nursing home by a Registered Nurse. The nurse uses a form called the “MED” (Medical Eligibility Determination form). The nurse will ask about the kinds of tasks you can do by yourself, what kinds of help you need, whether you have friends and family members or neighbors who can help you, what your income is, and other questions. For more information, or to have a telephone screen, call Goold Health Systems at 1-800-609-7893 or toll free V/TTY 1-888-720-1925. The free assessment is available throughout the state and is required for anyone entering a nursing home.

LONG-TERM CARE OMBUDSMAN (LTCOP)

Using paid staff and volunteers, the Ombudsman program investigates complaints about nursing homes, boarding homes, and home care services in Maine. Your call will be confidential. For more information, call 621-1079, or toll free and TTY at 1-800-499-0229.

LOW COST DRUG FOR THE ELDERLY AND DISABLED PROGRAM

Maine's Low Cost Drug Program helps to pay for prescription drugs for people whose income is no more than 185% of the federal poverty level. You must be age 62 or older; or age 19 or older and medically qualified for Social Security Disability Income (SSDI). If you spend more than 40% of your income on prescription drugs, the income level increases.

- 80% of the cost of all generic prescription drugs.
- 80% of the cost of brand-name medications for the treatment of diabetes, heart disease, high blood pressure, chronic lung disease (emphysema and asthma), arthritis, anticoagulation, Hyperlipidemia (high cholesterol), incontinence, thyroid disease, osteoporosis (bone density loss), Parkinson's disease, glaucoma, Multiple Sclerosis, and ALS (Lou Gehrig's disease).
- An average of 25% of the retail cost of most other prescribed medications.
- After you have spent \$1,000 on eligible prescription drugs, the program will pay 80% of the cost of all eligible prescription drugs, regardless of your disease. The State will track all your prescription drug costs for you. This catastrophic cap runs from August 1 each year to July 31 of the following year.

To request an application or for more information about the medications covered in the program call:

Toll free

1-866-796-2463

TTY

207-287-1828 OR

1-800-423-4331

Your local Area Agency on Aging can tell you the current income amounts and help you apply. Call 1-877-353-3771 for your local Area Agency on Aging.

MAINECARE (MEDICAID)

MaineCare is a federal-state program that pays for medical services provided to eligible people by physicians, hospitals, or other healthcare providers. If you receive Supplemental Security Income (SSI), you are automatically eligible for MaineCare. (SSI is a program that provides a monthly minimum income for people who are at least 65, or blind or disabled with limited income and resources. To find out if you qualify for SSI, call your nearest Social Security Office.)

If you receive Temporary Assistance for Needy Families (TANF) help (formerly known as AFDC), you are also automatically eligible for MaineCare.

If you are not in either of these programs but have a hard time paying for medical care, you may still be eligible for MaineCare.

There are two kinds of eligibility for MaineCare. You must be both financially and medically eligible to get help for care in a nursing home and for some kinds of care at home.

For more information, contact your Department of Human Services regional office.

MED: MEDICAL ELIGIBILITY DETERMINATION

The MED is a form used when people ask for long-term care services. The letters M-E-D stand for Medical Eligibility Determination. The form is filled out by a nurse and looks at a person's abilities and limitations. After doing the MED the nurse will tell you whether or not you are medically qualified for certain services and let you know what other kinds of care might be available to you. The nurse is also able to tell you if you are likely to be financially eligible for MaineCare. The nurse will give you an application that has to be sent to the Bureau of Family Independence. Financial eligibility for MaineCare services is determined separately by the Bureau of Family Independence.

Having a MED assessment can also be useful in planning for services that may be needed in the future. It is free and confidential.

MEDICARE HOME CARE

If you are 65 or older or under 65 and disabled and receive Social Security or Railroad Retirement benefits you are eligible to receive Medicare to help pay for certain medical expenses.

In general, if you are covered under Medicare you may be eligible for skilled nursing care (time limited), physical, speech, or occupational therapy, medical social services, medical supplies, and/or help with medical equipment. In order to qualify for Medicare home health, your doctor must have determined that you need medical care in your home. You must be homebound, or be able to leave your home only for short periods with considerable and taxing effort, and your home health agency must be approved by Medicare.

If you think that you may be eligible for help from Medicare, you may want to talk to your doctor to see if he/she agrees and will write a plan of care for you. You may also contact a home health agency for more information.

MEALS ON WHEELS/NUTRITION

There are over 100 places in Maine where people can enjoy nutritious meals. Meals are also brought to homebound people in many areas of the state. Meals are for anyone age 60 or older and for younger people who are disabled. No fee is charged, but they ask for donations. For more information, contact your local Area Agency on Aging (see pages 15-16).

NURSING HOME DENIAL / DISCHARGE

If you or a family member have been receiving rehabilitation in a nursing home, but are found not eligible to stay there, the Bureau of Elder and Adult Services has two programs that may help. “Extraordinary Circumstances” and “Awaiting Placement in Residential Care”, are programs that provide short-term payment to nursing homes for residents who need financial help to stay in the nursing home until they can go back home or find another place to live. For more information, call:

1-800-262-2232 or 1-888- 720-1925 (TTY).

PAYING PRIVATELY FOR SERVICES

You can buy home care services with your own funds. Contact an agency near you that provides the services you are looking for and ask about their costs. For each of the services listed in this booklet, you will find agencies in the county you live in, or in a county close by.

PERSONAL CARE ASSISTANCE SERVICES

Help in your home with bathing, dressing, cleaning, laundry, shopping and errands

NOTE: MANY AGENCIES SERVE MORE THAN ONE COUNTY

Androscoggin County

Assisted Home Care II
550 College Street
Lewiston, ME 04240783-7375

Tender Touch, Inc.
270 Marston Hill Road
Minot, ME 04258786-8717

Aroostook County

Aroostook Area Agency on Aging
Eldercare Services
33 Davis Street, PO Box 1288
Presque Isle, ME 04769-1288764-3396

County Home Care Agency
761 Main Street
Caribou, ME 04736492-1204

Marshall Home Care Services
102 Court Street
Machias, ME 04654255-4789

Cumberland County

Assist with Staffing
Rt. 11 & Sand Road
P.O. Box 1085
Naples, ME 04055693-6390

Dudleys Home Care
40 Corey Road
Cumberland, ME 04021829-0967

Gloria's Helping Hands
1006 Forest Avenue
P.O. Box 10965
Portland, ME 04104797-3866

PERSONAL CARE ASSISTANCE (Cont.)

Home Instead Senior Care
31 Main Street
Gorham, ME 04083.....839-0441

Independent Home Care
14 Slocum Drive, P.O. Box 2244
South Portland, ME 04116.....741-9133

Inheca Services
58 Clairmont Road
P.O. Box 1265
Windham, ME 04062.....892-2515

In-His Name Home Health
RR #2, Box 867
Bridgton, ME 04009.....647-8718

In-Home Senior Services, Inc.
980 Forest Avenue
Portland, ME 04901797-0202

Interim Assisted Care
10 Atlantic Place
South Portland, ME 04106.....1-800-775-3366
775-3366

Maine Life Care Retirement
Community, Inc.
D/b/a Piper shores
15 Piper Road
Scarborough, ME 04074.....883-8700

New England Family Healthcare
584 Main Street
South Portland, ME 04116-2648.....767-7339

Pleasant Caring Atmosphere
P.O. Box 10876
Portland, ME 04104.....878-8624

Hancock County

Blue Hill Memorial Hospital
Water Street, P.O. Box 156
Blue Hill, ME 04614.....374-2836

Harvey Home Care PCA's
55 Central Street
HCR 78, Box 3
Bucksport, ME 04416.....469-2551

MDI & Ellsworth Housing Authorities
80 Mount Desert Street, PO Box 28
Bar Harbor, ME 04609288-4770

Kennebec County

Alpha One
424 Western Avenue
Augusta, ME 04330.....623-1115

PERSONAL CARE ASSISTANCE (Cont.)

Assistance Plus-PCA Services

1604 Benton Avenue
Benton, ME 04901.....453-4708

Care and Comfort

105 Kennedy Memorial Drive
Waterville, ME 04901 872-5300
1-800-366-5302

Branch Office:

1222 Hammond Street
Bangor, ME 04401.....992-2535
1-877-784-6993

104 Temple Road
West Farmington, ME 04992.....778-5515
1-866-397-3350

P.O. Box 768
Machias, ME 04654.....255-6268
1-866-648-2832

P.O. Box 1429
Presque Isle, ME 04769.....764-3071
1-866-764-3071

Child Care Alternatives/d/b/a Caring Angels

5 Burrill Street
Waterville, ME 04901 877-8336

Danny & Friends

RR 1 Box 835
Augusta, ME 04330 622-7437

Helping Hands

40 Airport Road, RR Box 7230
Winslow, ME 04901.....873-0011

Home Resources of Maine, Inc.

211 Maine Avenue
Farmingdale, ME 04344.....582-8001

Maine-ly Elder Care

146 Hussey Hill Road
Oakland, ME 04963.....465-3249

Personal Care Solutions

8 Burrill Street
Waterville, ME 04901872-4970

Oxford County

Angel's Care

RR#1, Box 5720, Ladd Road
Lee, ME 04455.....965-0044

Personal Care

Campground Road
P.O. Box 626
Oxford, ME 04270.....539-2531

Personal Touch Home Care, Inc.

6 Western Avenue, 1st Floor Front
P.O. Box 159
South Paris, ME 04289-0100743-2700

PERSONAL CARE ASSISTANCE (Cont.)

Penobscot County

ABC Services
P.O. Box 96
Stillwater, ME 04489.....827-5228

Always There ElderCare
Phillips Road, P.O. Box 50
Levant, ME 04456.....884-6311

Elder Care @ Home Org.
231 Main Road
Holden, ME 04429.....989-8484

Howard Home Care
81 S. Brunswick Street
Old Town, ME 04468.....827-7872

In Home Care
26 Central Street
Millinocket, ME 04462723-6707

Area Home Care
P.O. Box 547
Lincoln, ME 04457794-2805

Care for You
438 Finson Road, SP. #13A
Bangor, ME 04401.....990-8942

Caring & Sharing
1953 Essex Street
Bangor, ME 04401941-2404

Homespun Care
273 Hanson Ridge Road
Springvale, ME 04083.....324-6149

Mary's Helping Hand
46 Robichaud Road
P.O. Box 95
Levant, ME 04456.....884-7074

Medical Staffing Network, Inc.
400 Riverside Street
Portland, ME 04103.....797-4254

New Hope Private Duty Division
1344 Main Road
P.O. Box 757
Holden, ME 04429.....843-7521

One Step.....Home Care Services
241 State Street
Bangor, ME 04401947-4417

PCA Services of Maine
PO Box 6305
Bangor, ME 04402-6305848-7252

PERSONAL CARE ASSISTANCE (Cont.)

Waldo County

Savitz Associates
72 Broadway
Northport, ME 04849.....338-1492

Washington County

HomeMaker's Plus
124 South Street
Calais, ME 04619..... 454-3709

York County

Partners in Caregiving
4 Shaws Hill Drive
Biddeford, ME 04005..... 283-1275

Truslow Adult Day Center
333 Lincoln Street
Saco, ME 04072 283-0166

Anytime Services for Seniors
Moderation Street
West Buxton, ME 04093-0568.....1-800-782-1474

PROPERTY TRANSFER

If you transferred or gave away anything of value, such as money, stocks, bonds or property, to anyone other than your spouse and did not get something of equal value in return, MaineCare may not help you with the cost of your nursing home bills. This rule also applies if your spouse transferred anything. For more information, contact your local Bureau of Family Independence (BFI) Department of Human Service office (see pages 17-18).

RELEASE OF INFORMATION

If you decide to get help from an agency such as a home health agency, you will be asked to sign a “release of information” form. Signing this form means that you allow the agency to share your medical and other relevant records only with those people, departments, or agencies listed on the form. It also means that you give permission for the agency to get information from the people, department and agencies listed on the form.

RESOURCE DIRECTORY FOR OLDER PEOPLE IN MAINE

This booklet has information on all sorts of topics of interest to older people in Maine, such as employment training, food stamps, residential and institutional care, tax preparation, and volunteer opportunities. It also has the addresses and phone numbers of Maine's five Area Agencies on Aging; Community Action Programs; Department of Human Services, Regional offices; Employment Service agencies, and transportation providers. It is published by the Bureau of Elder and Adult Services and is free. Call 1-800-262-2232, 207-287-9200 , or 1-888-720-1925(TTY). The Resource Directory is also available on the Internet:

[www.maine.gov /dhs/beas](http://www.maine.gov/dhs/beas)

SOCIAL SECURITY

The national toll free number for Social Security is 1-800-772-1213. For the number of your local Social Security office, look in your phone book under United States Government, Social Security Administration.

SUPPLEMENTAL SECURITY INCOME (SSI)

SSI guarantees a minimum monthly income to people who are at least 65 years old, or blind or disabled with limited income and resources. If you receive SSI, you are automatically eligible for MaineCare. To find out if you qualify, contact your nearest Social Security office.

SUPPORT GROUPS

Support groups can be very helpful. If you are caring for a family member or friend with Alzheimer's Disease or some other form of dementia, contact the Alzheimer's Association, Maine Chapter, at 1-800-660-2871. Your local Area Agency on Aging and local hospitals have information on other types of support groups.

TRANSPORTATION PROVIDERS

Buses, vans, or individual drivers can help you get to doctor's offices, clinics, and pharmacies in most parts of the state. Check with your local Area Agency on Aging or see the list of transportation providers in the Resource Directory for Older People.

TTY (Teletypewriter Device for the Deaf)

TTY is a teletypewriter device that permits people who are deaf, hard of hearing, or speech impaired to communicate over telephone lines with other TTY users. To send and receive typewritten messages, the user places the telephone receiver into the special device on the TTY. To find out how to get a TTY call

Department of Labor
Bureau of Rehabilitation Service
Division of Deafness
Toll Free Voice/TTY.....1-800-698-4440

WEATHERIZATION AND HOME REPAIR

Minor home repair to things like doors, steps, and windows is available through some Area Agencies on Aging and Community Action Programs. You are usually responsible for the cost of supplies.

Money may be available to people with low incomes for weatherization projects such as furnace repair, caulking windows, and insulation. Contact your local Community Action Agency.

NON-DISCRIMINATION NOTICE

In accordance with Title VI of the Civil Rights Act of 1964 (42 U.S.C. § 1981, 2000d et seq.) Section 504 of the Rehabilitation Act of 1973, as amended (29 U.S.C. § 794), the Age Discrimination Act of 1975, as amended (42 U.S.C. § 6101 et seq.), Title II of the Americans with Disabilities Act of 1990 (42 U.S.C. § 12131 et seq.), and Title IX of the Education Amendments of 1972, (34 C.F.R. Parts 100, 104, 106 and 110), the Maine Department of Human Services does not discriminate on the basis of sex, race, color, national origin, disability or age in admission or access to, or treatment or employment in its programs and activities.

Civil Rights Compliance Office, has been designated to coordinate our efforts to comply with the U.S. Department of Health and Human Services regulations (45 C.F.R. Parts 80, 84, and 91), the Department of Justice regulations (28 C.F.R. part 35), and the U.S. Department of Education regulations (34 C.F.R. Part 106) implementing these Federal laws. Inquiries concerning the application of these regulations and our grievance procedures for resolutions of complaints alleging discrimination may be referred to Civil Rights Compliance Office at 221 State Street, Augusta, ME 04333, Telephone number: (207) 287-2567 (Voice) or 207-287-4479 (TTY), or the Assistant Secretary of the Office of Civil Rights of the applicable department (e.g. the Department of Education), Washington, D.C.

Funding for this publication was made available through the Maine
Department of Human Services
Bureau of Elder and Adult Services
Appropriation Number # 010-10A-6000-012-4929